

Violence inflicted by a spouse or partner

# **Domestic Violence – Don't Suffer Alone**

## • "Is this domestic violence?" The various forms of domestic violence Domestic violence is violence inflicted by a spouse, a partner, or a close relation.

Hitting, kicking, or throwing things Shouting, threatening, or neglecting Sexual coercion Refusing to use birth control Withholding money Restricting or monitoring contact with friends and family

### •Domestic violence is a serious violation of human rights and a crime

Violent behavior is not acceptable, even between spouses and lovers. If you feel that you may be a victim of domestic violence, do not blame yourself or suffer alone. Instead you should first seek guidance.

If someone you know is suffering domestic violence, then you should encourage them to seek guidance from a specialized agency.

## Who to Call

Yao City Human Rights and Cultural Exchange Division, Human Rights Policy Department  $\mathbf{2}$  072-924-3894 Monday-Friday (8:45-17:15)

Yao City Gender Equality Center "Sumire"  $\mathbf{5}$  0 7 2 - 9 2 3 - 4 9 4 0 Tuesday-Saturday (9:00-17:00)

Osaka Prefectural Women's Counseling Center (Spousal Violence Counseling Support Center)  $\mathbf{a}$  0 6 - 6 9 4 6 - 7 8 9 0  $\mathbf{a}$  0 6 - 6 9 4 9 - 6 0 2 2

(9:00-20:00) \*Not available during the New Year holiday period and other public holidays.

\* Telephone service for foreign residents  $\square$  06-6949-6181

(9:00-17:30) \*Not available during weekends, the New Year holiday period or other public holidays.

Osaka Prefectural Center for Youth and Gender Equality (Dawn Center)

**2** 06-6937-7800

Tuesday-Friday (17:00-20:00), Saturday-Sunday (10:00-16:00)

\* Not available during the New Year holiday period and other public holidays.

#### In emergencies, dial #110 for the police or go to your nearest police station.

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